

Lee District RECenter

SUMMER

703.922.9841

Group Fitness Schedule

(July 1- Aug. 31)

If you do not have a pass to the RECenter an \$8 drop-in fee will be charged at the time of check-in. Calendar is subject to change, please call the RECenter with questions/concerns.

| Mondays | Tuesdays | Wednesdays | Thursdays | Saturdays |
|---|---|---|---|--|
| | Jump & Pump 6:00-6:55am Chuck | | Jump & Pump 6:00-6:55am Chuck | Balls & Bands 9-9:55am Ericka |
| | Abs & Back 2-2:30pm Dixie | | Abs & Back 2-2:30pm Dixie | Mix It Up 10-10:55am Ericka |
| | Walking For Fitness 5-5:55pm Lucy | Jump & Pump 6:00-6:55pm Chuck | Walking For Fitness 5-5:55pm Lucy | |
| Abs & Back 6:30-7pm Dixie | Step It Up! 6:15-7:10pm Valerie | Abs & Back 6:30-7pm Dixie | Step It Up! 6:15-7:10pm Valerie | |
| Boot Camp 6:30-7:25pm Mirell | | Boot Camp 6:30-7:25pm Mirell | | |
| Boxing for Fitness 7:15-8:10pm Sudds | | Boxing for Fitness 7:15-8:10pm Sudds | | |
| Power Step! 7:30-8:25pm Valerie | Sculpt, Strength, & Tone 7:30-8:25pm Lou | Cardio Kickboxing 7:30-8:25pm Nancy | Sculpt, Strength, & Tone 7:30-8:25pm Lou | |
| Full & Fit 8:30-9:25pm Lucy | | Full & Fit 8:30-9:25pm Lucy | Visit us on the web at www.fairfaxcounty.gov/parks | |

Please feel free to let us know how we are doing.
E-mail me at this address
Rosemary.burnett@fairfaxcounty.gov

No Classes July 4th-6th